

NEW DAWN

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THE ESTROGEN ALTERNATIVE: A GUIDE TO NATURAL HORMONAL BALANCE

By Raquel Martin & Judi Gerstung

352 pages, paperback

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This is definitely a women's book, but may be of great interest to men who work in the health field or live with a woman! Far too many women feel that in one way or another they are held hostage to hormonal issues. It may be due to dysfunctional menses, or fertility issues. It may be the dreaded 'Menopause.' Either way, this book sets the record straight.

This book is an often-reprinted and very popular work on natural hormonal strategies to deal with these issues. It has been thoroughly updated in this edition to reflect new therapies, and the 'great HRT scare of 2002'. All three Forewords and the Preface to this Fourth Edition are worth reading to gain the basic background to the controversies, and inform yourself of the latest advances in natural hormonal therapy. You will also gain insight into the latest pharmaceutical politics and acrobatics.

The book is divided into three parts with sub-sections. Part one examines the search that women often have to undertake when they

are "Sick and tired of being tired and sick". This first hand account will resonate with most women. Traversing the gauntlet of maturation as a woman can be frustrating with many obstacles and red herrings scattered along the path. Within this part, the second sub-section deals with the myth of estrogen deficiency versus the reality of progesterone deficiency. This is one myth that has not been fully debunked among the medical fraternity, but inroads are being made.

Part two surveys the female life cycle with its seasons and passages. This is a most valuable part of the book for any woman of any age. Interspersed with the information are research findings and the history of popular treatments, both natural and conventional pharmaceutical. All of the natural alternatives are considered along with reasons and justifications for 'going natural'.

Part three looks at how women can assertively change their lifestyles to create hormonal balance naturally. This may be from diet, supplementation, or replacement. All the methods of replacement are surveyed; from creams, tablet, topical patches and a variety of implants, to name the most common. Guidelines for application of hormonal therapy methods are given with sound exhortations to find a trusted therapist for testing and advice.

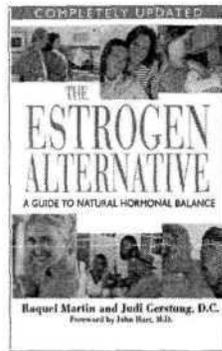
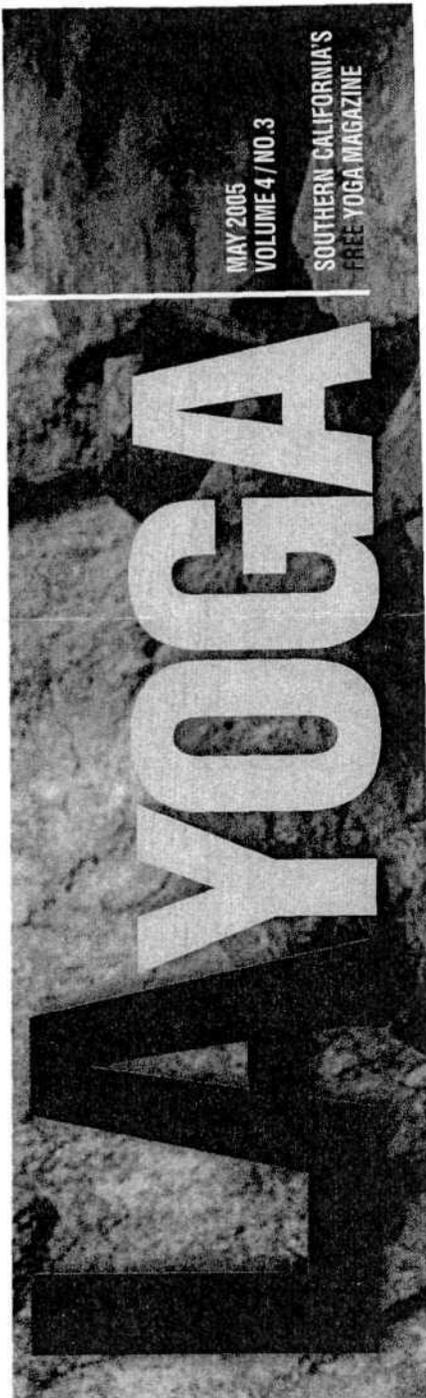
Seven appendices support the rest of the book, with a deeper level of information on Hormonal application; Synthetic Compounds with chemical and brand names; Natural formulas for infants; Resources for Cancer Patients; Resources for preventative medicine; Clinical Studies and Research Reports; and Sources of natural progesterone.

This is a terrific source book for women of any age. There is no padding here and it is packed with information. The controversies surrounding hormonal replacement therapy (HRT) are addressed fully, but solutions for almost any situation are offered in a practical and professional way.

My memory is dimming for these issues, but I think I may give a copy to my daughter for herself and her daughter's daughter...

Recommended for anyone interested in women's health and wellbeing.

— Jennifer Hoskins



THE ESTROGEN ALTERNATIVE
A GUIDE TO NATURAL HORMONAL BALANCE
 BY RAQUEL MARIN AND JUDI GERSTRUNG, D.C.
 HEALING ARTS PRESS
 FOURTH EDITION, 2005

The use of synthetic hormones to treat menopause is a controversial topic full of contradictory information. Often viewed as a disease by the medical community, menopause is, rather, a natural part of life transition. For thousands of years cultures and systems of traditional medicine

“Corporate pharmaceutical companies profit from the sale of conventional hormone replacement therapy (HRT) in the form of synthetic estrogens to millions of women.”

worldwide have understood that the transition through menopause can be made in a way that is supportive to body, mind and spirit. In many cultures it is even celebrated, not seen as a time to head to the doctor to load up on more drugs.

Corporate pharmaceutical companies profit from the sale of conventional hormone replacement therapy (HRT) in the form of synthetic estrogens to millions of women.

HRT is far from innocuous, according to the updated *The Estrogen Alternative*, and excess estrogen can cause imbalances from severe fatigue to increased cancer risk. The authors clearly outline the problems with conventional HRT, and the dangers perpetuated by the pharmaceutical industry.

Rather than using conventional HRT and estrogen, *The Estrogen Alternative* states that to balance hormones, women may benefit from supplemental progesterone. Progesterone is best utilized from natural, rather than synthetic sources. Here, resources are provided for finding natural progesterone. Making lifestyle changes to balance hormones is also emphasized, including diet. Suggestions include eliminating refined sugar and salt, maintaining a healthy pH balance, and utilizing hormone-supporting and adaptogenic herbs like licorice, dong quai and fennel.

The Estrogen Alternative debunks myths within the medical community. One is the common use of Tums as a calcium supplement. Although inexpensive, the calcium carbonate in Tums is not absorbed well and chronically taking antacids can cause more problems than they alleviate. The authors provide resources for more efficient supplements. The soy dogma is also faced head-on. Far from being a perfect hormone-balancing food, many soy products, particularly the highly processed soy protein isolate, can interfere with thyroid function.

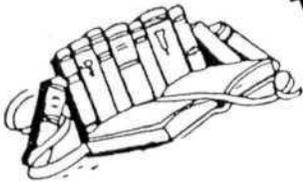
Overall, *“The Estrogen Alternative”* is a well-researched examination of the issues surrounding not only women’s hormonal health but complete health and self-empowerment.

—Felicia M. Tomasko



THE MIDWEST BOOK REVIEW

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The Estrogen Alternative
Raquel Martin & Judi Gerstung, D.C.
Healing Arts Press
One Park St., Rochester, VT 05767
www.innertraditions.com
1594770336 \$16.95 1-800-246-8648

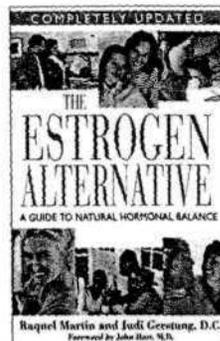
If *The Estrogen Alternative: A Guide To Natural Hormonal Balance* sounds familiar, that's because this is a completely updated fourth edition of a classic, providing the latest research and information on how HRT therapy can provide a natural solution to hormone deficiency. Misinformation and common misconceptions are discussed, chapters provide a gentle push to natural alternative therapies, and current controversies in women's health are surveyed. An important, useful guide.

**The Estrogen Alternative: A Guide to
Natural Hormonal Balance**

Raquel Martin and Judi Gerstung

\$16.95 QP, 1-59477033-6, Healing Arts Press,
800/246-8648, www.innertraditions.com

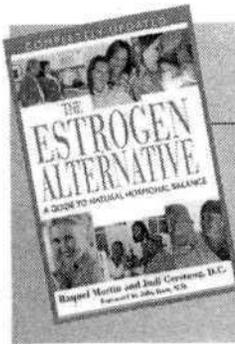
In the summer 2002, media reported on a study of dangers involved in the use of hormone replacement therapy (HRT), until then a popular drug for treating menopause symptoms. In the 2005 updated edition of *The Estrogen Alternative* (first published in 1997), the authors have included recent health information and added a preface that comments specifically on the 2002 studies of HRT. Customers seeking information on safe ways to ease symptoms of menopause and treat



various female health problems will appreciate this thoroughly researched healthcare handbook for women.



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May/ June 2005



Raquel Martin and
Judi Gersung, DC

**The Estrogen
Alternative:
A Guide to Natural
Hormonal Balance**

Healing Arts Press
Rochester, VT, 2005. \$16.95

In Great Britain, "[natural] progesterone treatment for PMS is so accepted that in three different murder trials, women were sentenced to take progesterone. Their defense was that they had committed violent crimes because they were pre-menstrual!" Exposing the myths and the misinformation concerning estrogen deficiency from which many medical practitioners make decisions, *The Estrogen Alternative* is not just for women searching for relief from menopausal systems but for women of all ages seeking optimal health. Covering the gamut of health issues from depression and bone density to childbirth and

menopause, the text investigates the real issue of estrogen dominance and the benefits of natural progesterone therapy. Going beyond reporting the findings of studies (which they do with extensive footnoting), Raquel Martin and Judi Gerstung investigate the sources and details of the studies. Attacking the myths of estrogen, Martin and Gerstung quote the work of Dr. Ray Peat who debunks the advertising of estrogen as a "youth drug," by saying that "women will puff up with water and fat under the influence of estrogen, and wrinkles will naturally be smoothed out, but the skin itself is actually losing its elasticity faster when estrogen is used." Through their thought provoking and accessible text, Martin and Gerstung successfully assist women in making informed health decisions. ■